

Montgomery County, MD - Veterans Network Directory

Behavioral Health, Counseling and Wellness Supports

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This is a project of the Montgomery County Commission on Veterans Affairs. To submit an update, add or remove a listing, or request an alternative format, please contact: MCCVA@montgomerycountymd.gov, 240-777-1252 (V), MD Relay 711.

Get Help – Local Resources

No matter what you are experiencing, there are resources and support systems to help. Whether you're looking for clinical care, counseling, assistance with benefits, or something else, we're here. Use this online tool to find resources and assistance close to you: www.veteranscrisisline.net/get-help/local-resources

AMVETS HEAL Program

E-mail: VETHEAL@amvets.org
www.amvets.org/vet-heal

1-833-838-4325 (Toll Free)
Monday through Friday, 8:00 a.m. to 5:00 p.m. EST

HEAL, which stands for healthcare, evaluation, advocacy, and legislation, encompasses all necessary steps a team of clinical experts will take to intervene directly on behalf of Veterans, service members, families, and caregivers to reduce Veteran suicide, unemployment, homelessness, and hopelessness as it relates to mental and physical wellness, particularly for those who are affiliated with AMVETS and utilize Polytrauma/Traumatic Brain Injury (TBI) centers and mental health services within the Veterans Health Administration (VHA) and community healthcare facilities. Speak with someone who understands complex medical needs. Get connected to support, resources, and peer mentors. Find answers to your questions on VA benefits and healthcare. Address your own or a loved one's mental wellness. Licensed clinicians and benefits experts provide follow-up support until any issues are fully resolved. Free services for all Veterans, Active Duty Service Members, Guard, Reserve Members, caregivers, and family members.

Citizen Soldier Support Program (CSSP)

E-mail: CSSP.info@unc.edu
www.citizensoldiersupport.org

919-448-5407 (V)

Provides a behavioral health initiative addressing the psychological issues confronting Reserve Component members and their families through a variety of methods including evidence-based, best practice training, a robust searchable provider database and other innovative solutions. CSSP is a congressionally authorized, federally funded grant administered through the Odum Institute for Research and Social Science at the University of North Carolina at Chapel Hill.

Conflict Resolution Center of Montgomery County (CRCMC)

Bethesda-Chevy Chase Regional Services Center
4805 Edgemoor Lane, 2nd Floor
Bethesda, MD 20814
E-mail: info@crcmc.org
www.crcmc.org

301-652-0717 (V)
Hours: Monday to Friday 9:30am to 4:30pm

Mediation is a free, confidential, nonjudgmental, and voluntary process in which two neutral mediators assist participants, typically two or more persons in a dispute situation, to develop solutions to their conflict. The participants speak for themselves and make their own decisions. The mediators facilitate the exchange, neither taking sides nor suggesting or evaluating solutions. Mediation can provide valuable assistance to reintegrate returning Maryland Veterans back into their families and communities. CRCMC provides mediation free of charge to those who live, work, and/or attend school in Montgomery County.

EveryMind

Rachel Larkin, Director of Crisis Prevention and Intervention
1000 Twinbrook Parkway
Rockville, MD 20851
E-mail: rlarkin@every-mind.org
www.every-mind.org

301-424-0656 (V)
301-738-2255 (24/7 - Montgomery County Hotline)
301-738-2255 (Text – 8am to midnight, 7 days a week)
Online Chat: www.every-mind.org/chat
Available 8am to midnight, 7 days a week

Trained staff and volunteers provide supportive listening, information and resource referrals, and crisis intervention (including suicide assessments) through telephone, text, and chat services.

Give An Hour

P.O. Box 5918
Bethesda, MD 20824
E-mail: info@giveanhour.org
www.giveanhour.org/military

Through a national network of licensed mental health providers, Give an Hour offers mental health care to Active duty, National Guard and Reserve, Veterans, and their loved ones. Give an Hour's services complement Department of Defense and Veterans Affairs healthcare delivery by serving veterans and military families seeking care outside the current system, those no longer eligible for healthcare provided by the DOD or VA, and non-eligible siblings, parents, partners, and other loved ones. Services are designed to be anonymous.

Governor's Commission on Suicide Prevention

<https://health.maryland.gov/suicideprevention/Pages/Governor's-Commission-on-Suicide-Prevention.aspx>

The Commission was created to strengthen and coordinate the state's suicide prevention, intervention, and postvention services. The work of the Commission is aligned with national suicide prevention efforts. All Commission meetings are open to the public, unless otherwise noted.

inTransition – Department of Defense – Psychological Health Center of Excellence

E-mail: dha.ncr.j-9.mbx.intransition@mail.mil
Live Chat is available on the website.

1-800-424-7877 (Toll-Free Inside the U.S.)
1-800-424-4685 (Toll- Free Outside of the U.S.)

<https://health.mil/Military-Health-Topics/Centers-of-Excellence/Psychological-Health-Center-of-Excellence/inTransition>

Free, voluntary, and confidential program that can assist any service member or Veteran in getting connected with behavioral health care. An inTransition coach can help bridge potential gaps during a service member or Veteran's transition to a new provider or for someone seeking care for the first time. Assistance is available when:

- Relocating to another assignment
- Returning from deployment
- Transitioning from active duty to reserve component or reserve component to active duty
- Preparing to leave military service
- Any other time they need a new mental health provider or need a provider for the first time.

inTransition coaches are skilled counselors who understand military culture and who maintain privacy and confidentiality. They help participants:

- Connect to a new provider
- Monitor their transition and motivate them to remain in treatment
- Locate local community resources and support groups
- Find crisis intervention services in the new location
- Learn tools to continue making healthy life choices

inTransition services are available to all military members regardless of length of service or discharge status and there is no expiration date to enroll. Military members can sign up at any time from any location. Alternatively, they can ask for a referral from their health care provider or case manager. There is no limit on the number of times inTransition can be used.

Make the Connection

<http://maketheconnection.net>

Connects Veterans, their friends and family members with information, resources, and solutions to issues affecting their health, well-being and everyday lives. Hear inspiring stories of strength, learn what has worked for other Veterans and explore information about physical and mental health symptoms, challenging life events and mental health conditions. Public awareness campaign by the U.S. Department of Veterans Affairs (VA).

Maryland's Commitment to Veterans – Maryland Department of Health

Joy Ashcraft, LMSW, Director, MCV

E-mail: joy.ashcraft@maryland.gov

E-mail: bha.mcv@maryland.gov

<https://veterans.health.maryland.gov>

1-877-770-4801 (Toll Free Hotline – 24/7)

Sign up for text alerts by texting MDCom2Vets to 898-211.

Regional Resource Coordinators:

Central Region

410-258-2513 (V)

Rick Reed, Coordinator and Communications and Data Analyst Lead

E-mail: richard.reed@maryland.gov

Serving Baltimore, Baltimore City, Harford, Howard and Anne Arundel Counties

Western Region

410-725-9971 (V)

David Galloway, Coordinator and Education Outreach Lead

E-mail: david.galloway1@maryland.gov

Serving Garrett, Allegany, Frederick, Montgomery, Carroll, and Washington Counties

Eastern Region

410-725-9996 (V)

Dina Karpf, Coordinator and Intensive Case Management Lead

E-mail: dina.karpf@maryland.gov

Serving Kent, Queen Anne's, Caroline, Talbot, Dorchester, Wicomico, Worcester, Cecil and Somerset Counties

Southern Region

1-877-770-4801 (Toll Free)

Angel Powell, Coordinator and Social Media and Communications Lead

E-mail: angel.powell@maryland.gov

Serving St. Mary's, Calvert, Prince George's and Charles Counties

Provide access to mental health and substance abuse treatment and resources to Veterans, their families and the communities. Schedule appointments for Veterans with local mental health and substance abuse providers. Connect Veterans with Veterans Service Organizations to assist with enrollment and benefit information. Services are free of charge to Veterans.

Maryland's Helpline

www.211md.org

<https://health.maryland.gov/suicideprevention/Pages/Maryland-Crisis-Hotline.aspx>

Call 211 and select option 1,

Text your zip code 898-211

Maryland's Helpline is available 24 hours/7 days a week to callers in need of crisis intervention, risk assessment for suicide, homicide or overdose prevention, support, guidance, and information or linkage to community behavioral health providers. Maryland's Helpline also provides assistance to access resources such as naloxone education, recovery support, veteran's services and family services as available/appropriate for the individual. Trained crisis counselors are available to assist individuals struggling with issues such as substance use, depression, anxiety, suicidal/homicidal ideation or intent, physical and sexual abuse, eating disorders, sexual identity concerns, running away, relationship problems, divorce, sexually transmitted disease, school issues or any other identified concern.

Maryland Suicide Prevention Program

Janel Cubbage, Director of Suicide Prevention

E-mail: janel.cubbage@maryland.gov

<https://health.maryland.gov/suicideprevention>

Program aims to prevent suicide by collaborating with the Governor's Commission on Suicide Prevention as well as various state departments, community agencies, providers, and members to increase awareness of suicide and improve preparedness to identify individuals at-risk, intervene, and provide support to promote healing and improved quality of life. **If you or someone you know is in crisis, contact Maryland's crisis hotline by calling 2-1-1 and pressing option 1 or texting 898-211. In the case of a life-threatening emergency, call 911.**

Military OneSource

www.militaryonesource.mil

1-800-342-9647 (Toll Free)

24-hour, 7-days-a-week, toll-free information and referral telephone service available worldwide to active duty, Reserve, and National Guard military members and their families. They can provide help with parenting and child care, education, relocation, financial and legal concerns, everyday issues (finding services in a local community, consumer issues), emotional well-being, health and fitness, addiction and recovery, adult or child special needs, military life (pre/post deployment, reunion, etc.) work concerns, crisis support, elder care, TRICARE, and much more. Counseling is available over the phone, online or face-to-face. Online Live Chat available. Counseling sessions are prepaid by the Department of Defense and there are no out-of-pocket expenses to the service member or family member.

Montgomery County Crisis Center

1301 Piccard Drive, 1st Floor
Rockville, MD 20850

240-777-4000 (24-Hour Immediate Crisis Line)
240-777-4195 (Abused Persons Program)
240-777-4357 (Victim Assistance and Sexual Assault – 24-Hour Crisis Line)
240-777-4815 (24-Hour TTY)

Provides crisis services 24 hours a day / 365 days a year. These services are provided over the telephone or in person (no appointment needed). Mobile Crisis Outreach will respond anywhere within Montgomery County to provide emergency psychiatric evaluations. Full crisis assessments and treatment referrals are provided for all crises, both psychiatric and situational. In addition, the program has six crisis beds as an alternative to hospitalization for those who are uninsured or are insured within the public mental health system. Crisis services are provided to County residents of all ages. Abused Persons Program provides crisis and ongoing counseling, shelter, support and advocacy services to victims of partner-related domestic abuse (domestic violence) and their families.

National Alliance on Mental Illness (NAMI) – Veterans & Active Duty

www.nami.org/Your-Journey/Veterans-Active-Duty

1-800-950-6264 (Toll Free)
Monday through Friday, 10:00 a.m. to 6:00 p.m. EST
Text "NAMI" to 741741

Website features links to mental illness news and information, screenings, medication, research studies, and recovery options. Also offer information on posttraumatic stress disorder, traumatic brain injury, public policy and legislation, Veterans affairs and Veterans Integrated Service Networks (VISNs), information for families, children, and spouses, women Veterans, multicultural resources, suicide prevention, homelessness, as well as an online discussion group and forum for Veterans to connect.

NAMI Homefront is a 6-session adaptation of the Evidence-Based NAMI Family-to-Family Program created specifically for the families of Service Members and Veterans dealing with mental illness. NAMI Maryland was selected to pilot this program because of the success they have had reaching military families. NAMI Homefront focuses on the unique needs of military and veteran communities, such as post-deployment and post-discharge transitions. The course is designed to help family members understand and support their loved one while maintaining their own well-being. For more information, contact NAMI Maryland at 410-884-8691.

National Institute of Mental Health (NIMH)

E-mail: nimhinfo@nih.gov
www.nimh.nih.gov/health/topics/index.shtml

1-866-615-6464 (Toll Free)
301-443-8431 (TTY)

Monday through Friday, 8:30 a.m. to 5:00 p.m., EST

NIMH is the lead federal agency for research on mental disorders, offers basic information on mental disorders, a range of related topics, and the latest mental health research. Mental health information on mental health topics, medications, statistics, clinical trials, coping with traumatic events, and locating services. Also support the research of post-traumatic stress disorder. Live Online Chat available.

National Suicide Prevention Lifeline Hotlines

TALK: 1-800-273-8255 (1-800-273-TALK)

TEXT: Text HOME to 741741 to communicate with someone via text

CHAT: www.suicidepreventionlifeline.org

24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones.

Network of Care for Mental/Behavioral Health

<http://montgomery.md.networkofcare.org/mh/index.aspx>

Online information portal for individuals, families and agencies concerned with behavioral health. It provides information about behavioral health services throughout the state of Maryland, laws, and related news, as well as communication tools and other features.

PREVENTS (Presidents Roadmap to Empower Veterans and End a National Tragedy of Suicide)

www.va.gov/PREVENTS/EO-13861.asp

The President's Roadmap to Empower Veterans and End a National Tragedy of Suicide (PREVENTS) will focus on a holistic public health approach to suicide prevention. PREVENTS seeks to change the culture surrounding mental health and suicide prevention through enhanced community integration, prioritized research activities, and implementation strategies that emphasize improved overall health and well-being. The goal of PREVENTS is to prevent suicide — among not just Veterans but all Americans. By adopting a holistic public health approach, PREVENTS is acting on the knowledge that suicide prevention is everyone's business, and that by working together, locally and nationally, we can prevent suicide. PREVENTS is building on the critical successes of suicide prevention pioneers and agencies working with service members and Veterans. The PREVENTS task force is partnering with stakeholders from multiple sectors, including nonprofits, state and local organizations, Fortune 500 companies, and government leaders, to implement best practices to improve health and prevent suicide.

Pro Bono Counseling Project

<https://probonocounseling.org/seeking-care/special-programs/>

410-825-1001 (V)

Nonprofit organization that provides free mental health care active member or Veterans of military service and their loved ones. The Pro Bono Counseling Project is working with the Maryland Department of Health and Mental Hygiene, the Maryland Defense Force and the Veterans Administration to access every public and private mental health care resource available to them. Clinicians have received specialized training from members of the clinical team at the VA and in the National Guard and Reserves, so they will be able to address the unique needs of these families and individuals.

Real Warriors Campaign – Psychological Health Center of Excellence

7700 Arlington Blvd., Suite 5101
Box #22 (Silver Spring Office)
Falls Church, VA 22041
www.realwarriors.net

1-866-966-1020 (Toll Free 24/7 Outreach)

The 24/7 Outreach Center is staffed by health resource consultants to provide confidential answers, tools, tips and resources about psychological health and traumatic brain injury. The Real Warriors Campaign is an initiative launched by DCoE to promote the processes of building resilience, facilitating recovery and supporting integration of returning service members, Veterans and their families. Online Live Chat available.

ServingTogether

Beatriz Mendez, Senior Peer Navigator, bmendez@every-mind.org
Khrystin Shanklin, Peer Navigator, kshanklin@Every-Mind.org
Destiny Nettles, Program Manager, dnettles@every-mind.org
Christy Kenady, Director, ckenady@every-mind.org
www.servingtogetherproject.org

1-855-738-7176 (Veteran Peer Navigator)

Provide education, information, referrals and coordination of resources for Veterans, service members and their families throughout the National Capital Region. Request assistance, get information and read news on local Veteran events and services via their website.

Silver Spring Vet Center

Wayne Miller, Vet Center Director
2900 Linden Lane
Silver Spring, MD 20910
E-mail: wayne.miller3@va.gov
www.vetcenter.va.gov/Vet_Center_Services.asp

301-589-1073 (V)
202-273-9116 (Bereavement Counseling)

Hours: Open Monday – Thursday 8:00 a.m. to 7:30 p.m.; Friday 8:00 a.m. to 4:30 p.m.; Closed Saturday, Sunday, and Holidays. Walk-ins are permitted during these hours, but appointments are requested. After hours appointments as needed. Veterans must show proof of service. The center provides benefits counseling and assistance with navigating the VA and paperwork, as well as employment counseling, counseling on PTSD and sub-PTSD, substance abuse counseling, family and marital counseling, psychological counseling related to readjustment, coordination and referral with doctors, employment related issues, assistance with basic needs such as food, shelter and clothing, medical and legal referrals, homeless assistance and will work with Montgomery County to find shelter placement, sexual trauma counseling, community outreach, bereavement counseling, and more. All services are provided at no cost to the Veteran and their family. Veterans do not need to be enrolled with the Department of Veteran Affairs Medical Centers to use the Vet Center. Veterans do not need a disability rating or service connection for injuries from either the Department of Veteran Affairs or the Department of Defense, to use the Vet Center. View [Vet Center Eligibility Criteria](#). If you live outside of Montgomery County [view a list of other locations](#) that may be closer to you. **Directions:** The Silver Spring Vet Center is located near the intersection of Seminary Road/Capitol View Avenue. You can also take the #5 Ride On Bus from either the Silver Spring Metro Station or the Twinbrook Metro Station and be dropped off at the Capitol View Avenue stop.

Steven A. Cohen Military Family Clinic at Easterseals

Mallory Lass, Outreach Manager
1420 Spring St, Suite 300
Silver Spring, MD 20910
E-mail: mlass@eseal.org
www.easterseals.com/DCMDVA/our-programs/cvn-home.html

240-847-7500 (V)
Hours of Operation: Monday, Tuesday, and Thursday,
8:00 a.m. to 6:00 p.m.; Wednesday, 8:00 a.m. to
8:00 p.m.; Friday, 8:00 a.m. to 3:00 p.m. and the 2nd and
4th Saturday of the month, 9:00 a.m. to 1:00 p.m.

Provides high-quality, accessible, and integrated behavioral health care to Veterans and their families or caregivers. No or low-cost services are available to any person who has served in the U.S. Armed Forces, including the National Guard and Reserves, regardless of role or discharge status, as well as spouses or partners, children, parents, siblings, family caregivers and others. The Cohen Clinic uses evidence-based practices with a holistic approach to improve the quality of

life for post-9/11 veterans and their families. Services are provided by trained and credentialed staff. Veterans and their family members are able to receive services individually and as a family unit at the same place with the same treatment team. The Cohen Clinic will also help connect Veteran families to community resources and services, as necessary. Resource connections include: caregiver support; child care; education; employment; housing; legal assistance; peer support; personal finances; recreation; rehabilitation; occupation and/or physical therapies; smoking cessation; transportation; wellness, health, nutrition and exercise; and other life circumstances.

Substance Abuse and Mental Health Service Administration - National Helpline

5600 Fishers Lane
Rockville, MD 20857

1-800-662-4357 (Toll Free)

1-800-487-4889 (TTY)

www.samhsa.gov/find-help/national-helpline

Confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations. Callers can also order free publications and other information

Suicide Prevention Resource Center

www.sprc.org

Provides prevention support, training, and resources to assist organizations and individuals to develop suicide prevention programs, interventions and policies, and to advance the National Strategy for Suicide Prevention.

The VA Way

E-mail: johnway@thevaway.us

410-961-6204 (V)

www.thevaway.us

Offering one-on-one mental wellness coaching, life coaching, crisis navigation, mental health first aid training, meditation, yoga therapy, Reiki, sound healing and other healing modalities. In the Mental Health First Aid course, you learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help.

Tragedy Assistance Program for Survivors (TAPS)

3033 Wilson Boulevard, Third Floor
Arlington, VA 22201

202-588-8277 (V)

1-800-959-8277 (Toll Free)

E-mail: info@taps.org

www.taps.org

Offer compassionate care to all those grieving the loss of a loved one who died while serving in our Armed Forces or as a result of his or her service. Provide a national peer support network and connection to grief resources, all at no cost to surviving families and loved ones. National Military Survivor Seminar and Good Grief Camp are held annually in Washington, D.C., over Memorial Day weekend. Conduct regional survivor seminars for adults and youth programs at locations across the country, as well as retreats and expeditions around the world. An online community includes blogs, chat, message board, newsletters, and peer groups.

Vet Center Call Center

www.vetcenter.va.gov/media/Call-Center-PSA.asp

1-877-WAR-VETS (927-8387) (Toll Free)

An around the clock confidential call center where combat Veterans and their families can call to talk about their military experience or any other issue they are facing in their readjustment to civilian life. The staff is comprised of combat Veterans from several eras as well as family members of combat Veterans.

Veterans Crisis Line

www.veteranscrisisline.net

1-800-273-8255 (Toll Free) Press 1 for Veterans
838255 (Free Text Line)

Free, confidential resource that's available to anyone, even if you're not registered with VA or enrolled in VA health care. The caring, qualified responders at the Veterans Crisis Line are specially trained and experienced in helping Veterans of all ages and circumstances. Online Live Chat available. Receive confidential support 24 hours a day, 7 days a week, 365 days a year.

Vietnam Veterans of America (VVA)

8719 Colesville Road, Suite 100
Silver Spring, MD 20910

301-585-4000 (V)

www.vva.org

Publication - Suicide Risk & Prevention - Assistance & Resources:

<https://vva.org/wp-content/uploads/2015/08/SuicideRiskPrevention.pdf>

Warfighter Advance

Camp Merrick
3650 Rick Hamilton Place

202-239-7395 (V)

Nanjemoy, Maryland

Email: admin@warfighteradvance.org

www.warfighteradvance.org

The **ADVANCE** is, at its core, a 7-day program that uses a variety of means to change the trajectory of the Warfighter's (active duty or veteran) post-deployment life, so that rather than an existence characterized by an endless cycle of mental illness diagnoses, medications, medical appointments and disappointments, the Warfighter has a life characterized by pride, productivity, healthy relationships, continued service, and advocacy for the same outcomes for their fellow service members. Warfighters are asked to arrive with high expectations for themselves and for the program. By week's end, Warfighters have learned that their outcome is their responsibility, however they are no longer bewildered as to how to achieve their desired outcome. They have the knowledge, tools, relationships and support necessary to move forward as Warfighters (past or present), rather than patients.

The **Firebase program** is a shorter, information-based experience, that will give participants the knowledge and tools they need to move forward and lead confidently. Curriculum includes exposure to: fully informed consent; strategies for remaining fit for duty; technologies for stress reduction; criticisms of the disease model for trauma; the role of 12-step programs, spirituality, exercise, nutrition and more; why (self) leadership matters; and includes a panel of survivor/experts.

The **ADVANCE™ special session on Combat Stress and Compassion Fatigue** is the full 7-day experience designed to bring together active duty and veteran service members who have similar roles of deploying in support of other Warfighters as they accomplish their missions.

Warfighter Advance raises 100% of participant costs so that Warfighters can attend free or charge. Warfighters from every state attend our program at no cost to the participant. Vietnam veterans are welcome to enroll in any 7-day program. Enrollment is not limited to OIF/OEF or any other conflict, operation or specific set of dates. Warfighter Advance can provide special sessions on topics including, but not limited to, combat stress with compassion fatigue, issues unique to military chaplains and their assistants, Vietnam veterans, military sexual assault, and trauma recovery without psychiatric medications.

Women Veterans Call Center (WVCC)

www.womenshealth.va.gov/WOMENSHEALTH/ProgramOverview/wvcc.asp

1-855-869-6636 (Toll Free)

Call Center Hours: Monday to Friday, 8:00 a.m. to 10:00 p.m., and Saturday, 8:00 a.m. to 6:30 p.m. (EST)

Answers questions and responds to concerns from women Veterans, their families, and caregivers across the nation about VA services and resources. Staffed by knowledgeable VA employees who provide information about benefits, eligibility and services specifically for women Veterans. All the representatives at the Women Veterans Call Center are women, and many are Veterans themselves that can relate to women Veterans, their families and friends. The WVCC makes direct referrals to Women Veteran Program Managers located at every VA Medical Center. **Chat Feature:** A one-to-one chat function enables women Veterans to go online and anonymously chat via real-time text messaging with trained representatives, all of whom are women and many of whom are Veterans themselves. The chat feature, which is open extended hours Monday through Saturday, provides another avenue for women Veterans to ask general questions about benefits, eligibility and services specifically related to them.

Work Play Obsession All In Foundation

E-mail: information@workplayobsession.com
<https://workplayobsession.com>

410-210-4313 (V)

Veteran-owned nonprofit foundation that focuses their efforts towards active duty / retired military, law enforcement, first responders, family and caregivers. promote and provide recreational activities and access to holistic health and wellness programs in order to build a community of familiarity and inclusivity for those healing the invisible wounds of trauma / service. commitment to lend an ear or shoulder to anyone in search of a support system pre / post incident, diagnosis, or injury.